





K Sri Dhammananda Lecture Series 2016  
*Theme: Gratitude*


**Q & A FORUM**  
**VEN DR M PUNNAJI MAHA THERA**

Ven Punnaaji is a humble and unassuming Buddhist monk, unquestionably an intellectual giant of modern times and perhaps one of the foremost among today's world authorities on Buddhism. He is a preacher par excellence and continues to draw from an inexhaustible resource of Science, philosophy, world history and psychology.


**Wednesday 20<sup>th</sup> April 2016**  
**8:00pm ~ 9:30pm**  
**Wisdom Room,**  
**Buddhist Maha Vihara**  
**“Meditation & The Five Hindrances”**

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**FIVE HINDRANCES**  
**(pañca nīvaraṇā)**



- 1. Kāmacchanda**
  - Lust / passion for sensual desires;
- 2. Byāpāda, vyāpāda**
  - Anger / hatred towards displeasures;
- 3. Thina-middha**
  - Lethargy & drowsiness;
- 4. Uddhacca-kukkucca**
  - Anxiety & Worry;
- 5. Vicikicchā**
  - Cognitive Dissonance;

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## The Five Hindrances

### FIVE HINDRANCES (*pañca nīvaraṇā*)

- 1. *Kāmacchanda***
  - Sensual desires;
  - **Lust / passion for sensual desires;**
- 2. *Byāpāda, vyāpāda***
  - Ill-will;
  - **Anger / hatred towards displeasures;**



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## The Five Hindrances

- 3. *Thīna-middha***
  - Sloth & torpor / Dullness & drowsiness;
  - **Lethargy & drowsiness**
- 4. *Uddhacca-kukkucca***
  - Restlessness & remorse (Nyanaponika / Bodhi);
  - Restlessness & anxiety (Thanissaro);
  - **Anxiety & Worry**

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## The Five Hindrances

**5. Vicikicchā**



- Skeptical doubt (Nyanaponika / Bodhi);
- Uncertainty (Thanissaro);
- **Cognitive Dissonance;**

**"EMOTION"**  
Affective Process  
(Emotional Reactions)  
**("citta")**



**"INTELLECT"**  
Cognitive Process  
(Rational Thoughts)  
**("mano")**


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## Five Constituents of Ecstasy (Jhāna)

1. **Vitakka:** Inference
2. **Vicāra:** Inquiry
3. **Pīti:** Cognitive Contentment
4. **Sukha:** Comfort
5. **Ekaggatā:** Cognitive Consonance

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## Gradual Withdrawal Of Affective Process (Citta)



1 <sup>st</sup> Jhāna	2 <sup>nd</sup> Jhāna	3 <sup>rd</sup> Jhāna	4 <sup>th</sup> Jhāna
Inference ( <i>vitakka</i> )	Harmonious Mental Equilibrium ( <i>sammā-samādhi</i> )		
Inquiry ( <i>vicāra</i> )			
Cognitive Contentment ( <i>pīti</i> )	Cognitive Contentment ( <i>pīti</i> )	Harmonious Mental Equilibrium ( <i>sammā-samādhi</i> )	
Comfort ( <i>sukha</i> )	Comfort ( <i>sukha</i> )		
Cognitive Consonance ( <i>ekaggatā</i> )	Cognitive Consonance ( <i>ekaggatā</i> )	Cognitive Consonance ( <i>ekaggatā</i> )	Stillness of Mind ( <i>ekaggatā</i> )

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# QUESTIONS ?



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